

September, 2020

Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Charles Kokoros

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator

Mark Mahoney: Building Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

All events and Activities cancelled until further notice

Schedules will updated online at <https://braintreema.gov>

Greetings everyone,

Cannot believe that we are getting ready to send our September newsletter to the printers. I am surprised by the fact that with everything that 2020 has given us, the year still went by fast. I really hope, for the remaining few months, we can rejoice to some good news.

As we go through these uncertain times, please know that the staff at Elder Affairs has never stopped working for you. We regularly step out of our proverbial “box”, to wear different hats to respond to whatever the situation dictates. Most of us are back in the building. For your health and safety, the building still remains closed to the public, but I am very excited to say that we are focusing on outdoor activities. The exercise classes, beneath the blue skies and underneath the shade of the trees, maintaining all safety protocols, has been quite pleasant. We are planning for more. Seeing all of you makes us feel how much we have missed seeing you.

We have a new Custodian in our building, his name is Mark Mahoney. Mark has been serving the Town of Braintree for a little over 20 years. He started at the Highway Department, was in the Library for a few years and now at Elder Affairs. He lives in the town of Whitman, with his wife. He has a son and a daughter and a five year old grandchild. Mark came to Elder Affairs, during an unprecedented time, a time when the term “cleaning and disinfecting” has attained a new dimension. Mark is doing everything to keep this building and our equipments, spotless and germ free. Please say “Hello”, when you see him.

We were very fortunate to receive a “Fogging Machine” from the Facilities Department. This machine is used on a regular basis to sanitize tables, chairs, bathrooms etc. Its use has proved to be very beneficial when it comes to sanitizing the vans. Frank and Eddie has been diligently disinfecting the vans with small wipes, which was not only time consuming but these days, wipes are hard to find. The machine does the whole van in a couple of minutes. Saves time and “wipes”. Frank and Eddie, still clean between passengers and rides.

The month of July and August have been quite hot and humid. Please take care and make sure you keep yourself hydrated. Always remember, the doors of our building may be closed but we are only a phone call away. If you are concerned of any older neighbors or friends in your area, please let us know. Hope we meet soon.

Take care..... Sharmila

Medicare Open Enrollment



Certified SHINE Counselors provide assistance to people with Medicare and their families. Open Enrollment runs October 15 through December 7, 2020 with plans taking effect January 1, 2021.

SHINE Counselors provide helpful information and resources tailored to fit your specific circumstances. All conversations are strictly confidential.

SHINE counseling is a free service.

Due to COVID 19 and for the wellbeing of volunteer SHINE counselors, senior center staff members and community members, the SHINE program will be operating remotely during Open Enrollment. You can meet by phone, Zoom, Email, or by returning Pre-Enrollment forms to your Senior Center.

HESSCO encourages you to explore your options, review prescription drug coverage, and consult with a SHINE Counselor.

Please contact Braintree Elder Affairs at 781-848-1963 to schedule a telephone consultation with a SHINE Counselor or to obtain pre-enrollment forms.

For more information, please contact HESSCO at 781 784 4944



**Special Activities and Meetings: Please note, everything is subject to change.
Please follow Town News for current schedule updates throughout the Town and State**

2nd and 4th Monday	Bereavement Support Group	2:00PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday April 6, 20	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	12:00 PM
Every Thursday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub to change	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday start back up!	Walking Group Email mbirolini@braintreema.gov if you are interested	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
	No Indoor Activities Until further notice. But Please see our BCAM Schedule for Programs and some outdoor exercise programs on our main calendar inspired by and for our Braintree Senior Citizens	
Every Monday, Wednesday and Friday	Elder Affairs Programs on BCAM. (more programs to be added) We will keep you posted on BCAM. Ch. 9 and Ch. 28)	10:00-11:30 AM

RECYCLE



BRAINTREE RESIDENTS RECEIVING CURBSIDE TRASH/RECYCLING SERVICES

Fall yard waste collection will take place the **WEEKS OF**: Oct.19 & 26 and Nov. 2, 9, 16, 30. Acceptable items are grass clippings, leaves and twigs of up to 1 inch around. Items must be curbside prior to 7AM and contained in brown paper yard waste bags or barrels without lids in order to be collected. Other items should be taken to the Town's Compost Site at 225 Plain Street Wed, Thurs., Fri, Sat, Sun from 7:15 AM to 2:45 PM (OPEN THROUGH JANUARY). **STICKER REQUIRED...Info @ 781-794-8950.**

Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday,	BHS & Heritage	11:30-12:30
Thursday,	Independence Housing	10:30-11:30
Wed,,	Department of Elder Affairs	12:15-1:00
Tuesday,	Roosevelt Housing	12:00-12:30

Will be determined by the Town Nurse

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM

Return time between: 11:30 AM to 12:00 PM

Tuesday	Stop & Shop
Thursday	Stop & Shop
Tuesday	Roche Bros
Thursday	Shaw's
Tuesday	Shaw's
Thursday	Stop & Shop
Tuesday	Stop & Shop
Thursday	Shaw's

**Call for availability and revised schedule
Due to Covid all of this is subject to
change**

Asian Outreach



祝你健康每一天
" WISH YOU GOOD HEALTH
EVERYDAY

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express

- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles

- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes

- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group

- **TRIAD:** senior safety

- **SHINE:** health insurance counseling; **please call for an appointment**

- **Ask the lawyer:** free consultations; **please call for an appointment**

- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**



FROM THE CHAIRMAN

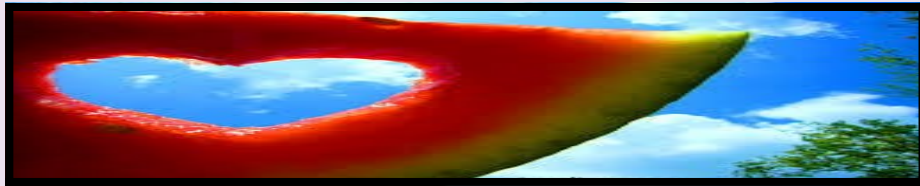
Good Morning! I hope everyone is feeling good and looking forward to some cooler summer weather this weekend. Although the Senior Center building is open for staff we are still not having inside activities.

Staff at Elder Affairs has been focusing on outdoor activities so we can still get together on a limited basis to be active and socialize. If you have any ideas please do not hesitate to call Michelle and talk to her about your ideas.

We have a lot of important things coming up in Town. We have an election on Primary election on September 1st, school reopening on September 16th and a very important Debt Exclusion vote for the new South Junior High School on Saturday September 26th. Please get out and vote in these elections.

Well its time for me to get moving. I hope everyone is enjoying their Air Conditioners during these hot days. I am very happy I have an above ground pool, it helps me remain cool physically and mentally.

I pray, that all of you remain healthy and please be safe. *Hank*



Alzheimer's Care Partners Support Group

As our building remain closed you are always in our mind. We are aware of your compassion and love. We are thinking of meeting outside early September, around 2 or 3 PM. Please let us know your thoughts.



MONDAY	TUESDAY	WEDNESDAY
		
<p><u>We Miss You!!</u> <u>Please check on</u> <u>BCAM for updates</u> <u>On</u> <u>Programs for you.</u></p>		
<p><u>All Outdoor activities are</u> <u>Weather Permitting.</u></p>	<p>1st 10:00 Walking Group</p>	<p>Every Wednesday 10:00-11:30 Elder Affairs Programs Ch. 9 on Comcast Ch. 28 on Verizon</p>
<p>7th 10:00 Current Events Discussion</p>	<p>8th 10:00 Bob Cobbett - Balance Class</p>	<p>9th-Cardio, Strength and Flex- ability with Mary</p>
<p>Every Monday 10:00-11:30 Elder Affairs Programs Ch. 9 on Comcast Ch. 28 on Verizon</p>	<p>15th 10:00 Walking Group</p>	<p>16th-Cardio, Strength and Flexability with Mary</p>
	<p>22nd 10:00 Bob Cobbett- Balance Class</p>	<p>23rd-Cardio, Strength and Flexability with Mary</p>
	<p>29th 10:00 Walking Group</p>	<p>30th-Cardio, Strength and Flexability with Mary</p>

THURSDAY

FRIDAY

tember



3rd 10:00 AM Outdoor Chair Yoga with Sue	Every Friday 10:00-11:30 Elder Affairs Programs Ch. 9 on Comcast Ch. 28 on Verizon
10th 10:00 AM Outdoor Chair Yoga with Sue	11th 9:30 AM Outdoor Tai Chi w/Peggy
17th 10:00 AM Outdoor Chair Yoga with Sue	18th 9:30 AM Outdoor Tai Chi w/Peggy 1:00 PM Concert Series-Chris J. Carter
24th 10:00 AM Outdoor Chair Yoga with Sue	25th 9:30 AM Outdoor Tai Chi w/Peggy

Balancing Under the Trees

We are pleased to announce that Bob Cobbett is back to have “in person” classes with you. ABLE Bodies Balance and Fall Prevention classes begins,

Tuesday, September, 8 and 22

Time: 10 AM

Charge: \$5.00

You will be outside balancing underneath the shade of the trees! Please join us.

In case of inclement weather, Bob will conduct his classes on zoom. Any questions, please call him at 781-413-7724

If you need to zoom: Meeting ID: 988 0504 8258

Password: COABRABAL

Library Updates/Book Club Updates



Curbside Pickup

All interested in the Elder Affairs Book Club please email Michelle Birolini mbirolini@braintreema.gov so we can try to get the book club going from home.

Outreach

HEALTHY INCENTIVES PROGRAM

If you are a SNAP household you will be automatically enrolled in HIP. You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase. You will receive \$1 for each dollar you spend on eligible fruits and vegetables up to a monthly limit. You can earn HIP incentives at participating Farmers Markets, Farm Stands, Mobile Markets, Community supported agriculture (CSA) farm share programs. You must have a SNAP balance to earn the HIP incentive benefit. Your monthly cap is based on your household size. Your receipt will show you the amount of your HIP incentive benefit after each eligible purchase. This amount will be credited back to your SNAP account. Use this extra benefit right away or save it for another shopping trip. There are no limitations on where you can use your HIP incentive dollars. This benefit may be used anywhere SNAP is accepted.

ONGOING OUTREACH PROGRAMS/SERVICES

Friendly Visitor
Library Express
SNAP (food stamps) applications
Fuel Assistance applications (during fuel season)
Information and Referral

The Outreach Staff can be reached by calling **781-848-1963**.

ENJOY THE REST OF THE SUMMER! STAY SAFE!



Things may be different but all of us at
Department of Elder Affairs
are still HERE for you!

Come Join Our Outdoor Activities

“Slow, Steady and Safe, Wins the Race”

- Chair Yoga
- Tai Chi
- Current Events
- Walking Group
- Upcoming events

We Missed You!!!



Senator Walter Timilty and our very own Frank DeFrancesco, picking up food from South Shore Elder Services. Food, courtesy of USDA.



Senior Health and Fitness Week

Save the Date, Save the Week

Where: Braintree Elder Affairs -71 Cleveland Ave

When: October 12th through the 16th.

10 AM to 12 Noon

Staying at home, not being able to see our loved ones and friends, often is physically and mentally exhausting. Our outdoor programs have been quite enjoyable. Everyone is happy to see their friends, while practicing all the safety protocols.

The Staff at Elder Affairs is designing this special week for you to come and enjoy the outdoors, get physically active with your favorite Instructors, take a walk on the walking trail, or just sit and relax. We will provide you with some healthy snacks. Together, we will have fun and have a good time.

Donations will be gladly accepted for this eventful week!

Braintree Elder Affairs Outdoor Concert

Friday September 18

Where: 71 Cleveland Ave

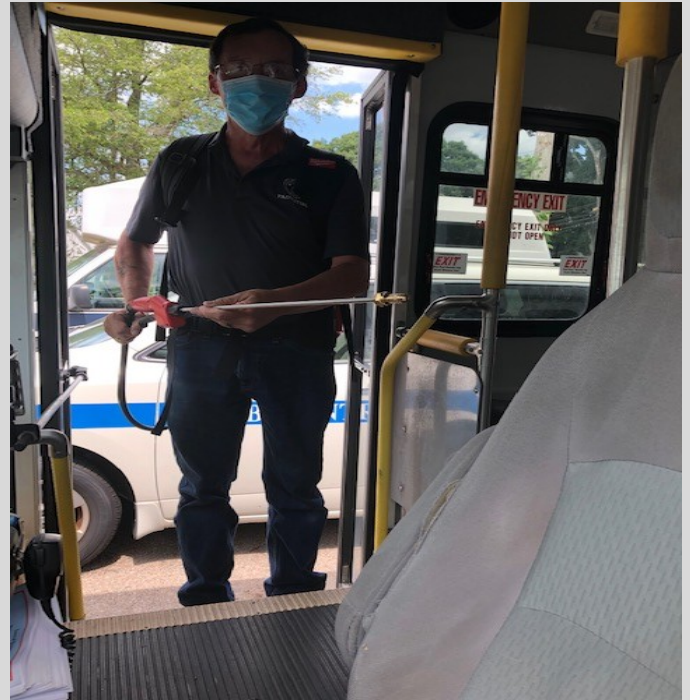
Time: 1:00 PM

Performer: Chris J. Carter -Acoustic Guitar

Sing-along music sheets will be provided



Keeping you safe in our Vans and Outdoors



Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Robert Caruso, Treasurer

Lucille Barton
Tim Burke
Leland Dingee

Jane Fogg
Connie Mattina
June Newman

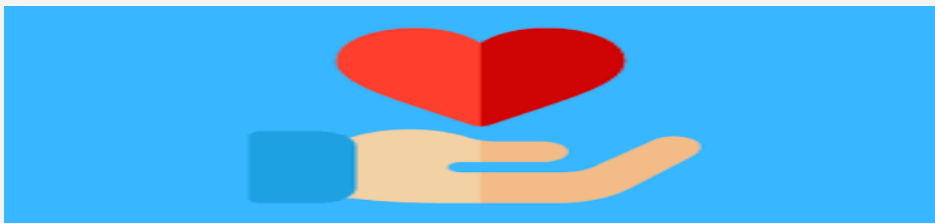
Charitable Giving

There are many ways you can help our most vulnerable and isolated population. Elder Affairs will accept care packages, paper products, a letter to let them know that you care and any amount of monetary donations.

Please remember to check on your older neighbors!

Want to be involved?

Please email mbirolini@braintreeema.gov to ask, how you can help. We thank you for your generosity.



The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have